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Claims:

1. A transition metal complex having the formula

FORMULA I

wherein M is Fe[II], Fe[III], Ni[II], Co[II], Co[III], V[III], Mn[II], Mn[II], Mn[III], Mn[IV], Ru[III], Ru[III] orRu[IV]; Pd[II], V[IV] or V[V].

X represents an atom or group covalently or ionically bonded to the transition metal M;

- R is independently selected from hydrogen, halogen, hydrocarbyl, substituted hydrocarbyl, heterohydrocarbyl or substituted heterohydrocarbyl;
 - Z is a bridging group comprising a donor atom of N, P or S or alternatively is a neutral group comprising a C_1 - C_4 alkylene group, a silyl or germyl group, and n = an integer to satisfy the valency of M.
- 20 2. A transition metal complex having the formula:

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wherein M is Fe[II], Fe[III], Ni[II], Co[I], Co[II], Co[III], V[III], Mn[I], Mn[II], Mn[III],

10 Mn[IV], Ru[II], Ru[III] orRu[IV]; Pd[II], V[III], V[IV] or V[V].

X represents an atom or group covalently or ionically bonded to the transition metal M;

Z is a bridging group comprising a donor atom of N, P or S or alternatively is a neutral group comprising a C₁-C₄ alkylene group, a silyl or germyl group,

 R^1 - R^{14} are independently selected from hydrogen, halogen, hydrocarbyl, substituted hydrocarbyl, heterohydrocarbyl, or substituted heterohydrocarbyl, and n = an integer to satisfy the valency of M.

- 3. A complex according to claim 2 wherein at least one of R^1 R^{10} contains two or more carbon atoms.
- 4. A complex according to claim 2 wherein R¹¹ R¹⁴ are phenyl, alkyl or cycloalkyl.
- 20 5. A complex according to any of the preceeding claims wherein the bridging group Z is -CH₂- or a donor atom N.
 - 6. A complex according to any of the preceding claims having the formula

$$R^{12} \qquad P = N \qquad R^{5}$$

$$R^{13} \qquad P = N \qquad R^{6}$$

$$R^{14} \qquad R^{10} \qquad R^{7}$$

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wherein M, X and R¹ - R¹⁴ and n are as claimed in claim 2, and R is hydrogen or hydrocarbyl.

- 7. A complex according to any of the preceeding claims wherein the metal M is Fe, Ni or Co.
- 8. A complex according to any of the preceeding claims wherein the group X is chloride.
- 5 9. A polymerisation catalyst comprising
 - (1) a transition metal complex as defined in any preceding claim, and
 - (2) an activating quantity of an activator compound.
 - 10. A catalyst according to claim 9 whererin the activator compound is an organoaluminium compound or a hydrocarbylboron compound.
- 10 11. A catalyst according to claim 9 further comprising a neutral Lewis base.
 - 12. A catalyst according to any of claims 9 to 11 further comprising a support.
 - 13. A catalyst according to claim 12 whererin the support is silica, alumina, or zirconia or is a polymer or prepolymer.
 - 14. A catalyst according to any of claims 9 to 13 further comprising a catalyst suitable for the polymerisation of olefins of the type used in conventional Ziegler-Natta catalyst systems, metallocene-based catalysts, monocyclopentadienyl- or constrained geometry based catalysts, or heat activated supported chromium oxide catalysts (eg Phillips-type catalyst).
 - 15. A process for the polymerisation or copolymerisation of olefins comprising contacting a monomeric olefin under polymerisation conditions with a complex or catalyst as defined in any preceding claim.
 - 16. A process according to claim 15 wherein the polymerisation conditions are solution phase, slurry phase or gas phase.
 - 17. A process according to claim 16 wherein the polymerisation is conducted under gas phase fluidised bed conditions.
- 25 18. A process according to claim 17 wherein the polymerisation is conducted under condensed mode.
 - 19. A process according to any of claims 14-18 wherein hydrogen is used to control the average molecular weight of the polymer.